MONDAY DCEMBER 15, 1975 VOL. 40, No. 4 11 TEVETH 5736

OTTAWA JEWISH
BULLETIN & REVIEW

FOCUS ON THE CENTRE

J.C.C. Orchestra in 7th Season

The Jewish Community Centre Orchestra, now in its seventh season, is shown above rehearsing for the 1976 Winter Concert on December 21. The orchestra rehearses every Sunday morning from 10:00 a.m. to 12:00 noon in the Main Auditorium of the Jewish Community Centre.

Mrs. Blanche Loeb, Orchestra chairman for the Jewish Community Centre has announced openings in the orchestra and anyone wishing to audition can make an appointment by calling Mr. Ross at the Centre, 232-7306.

Armond Weisbord is conductor; Mrs. Margaret Weisbord is concert master.

Jewish Book Fair To Begin Saturday Evening At The J.C.C.

" 'Know yourself - read Jewish books' is the theme of the Jewish Book Fair and Exhibit, to take place on December 13, 14 and 15 at the Jewish Community Centre, 151 Chapel Street. Special programs include lectures and literary exhibits, as well as a magnificent Israeli Art exhibit," says Phyllis Fien, chairman of the Fair. A comprehensive selection of over 2,000 books on numerous Jewish themes will be on sale.

The Book Fair and Exhibit will be officially opened with a vernissage of Israeli Art at 7:30 p.m. on Saturday, December 13, in the Main Auditorium of the Jewish Community Centre. A superb collection of oil paintings, water-colours, drawings and graphics by both internationally-known and young Israeli artists, represented by the Pucker-Safrai Gallery of Jerusalem and Boston, will be on sale during the Fair and the following week. A series of impressions of Israel by

Chairman Phyllis Fien

Canadian Indian artist Daphne Ojeck, commissioned by El Al Airlines, will also be on display. A lecture will follow at 8:30 p.m. by Howard Roiter, Professor of English, University of Montreal, and author of the newly published book *Voices From the Holocaust*.

Ongoing literary exhibits include the Leningrad Manuscripts rare Hebraic manuscripts, books and scrolls recently acquired by the National Library of Ottawa; and the papers of Canadian Jewish poet A.M. Klein. There will also be a continuous slide presentation, "The Life that Disappeared," the last pictorial record of the unique world of Eastern European Jewish communities (1937-1939) which vanished as a result of the Holocaust.

Three other lectures are scheduled for Monday, November 15: Shulamis Yelin, writer and poet, will address a joint synagogue sisterhood luncheon on "Roles and Identity"; Paul Trepman, director of the Jewish Public Library of Montreal, will speak in Yiddish to the residents of Hillel Lodge and to members of the Golden Age Club at the Jewish Community Centre.

Israeli gift items and religious articles, as well as art and handicrafts by local artists and artisans will also be on sale.

FIRST CLASS MAIL

JEWISH COMMUNITY CENTRE CHOIR OPENS 1975-76 SEASON

The Jewish Community Centre Choral Society, directed by David Galbraith, opened its season with a performance at the Agudath Israel Men's Club on Sunday, October 12.

The Choir, open to all members of the Jewish Community, rehearses each Monday evening at the Jewish Community Centre. Any member of the community who would like to audition to sing with the Choir is welcome to do so by calling Howard Ross at the Centre, 232-7306.

The Choir is also available for bookings: contact Mr. Ross at the Centre.

NEW HOURS FOR THE J.C.C. LIBRARY BEGINNING JANUARY 5, 1976

Monday - Wednesday: 1 - 5 p.m.

Thursday: 5 - 9 p.m.

Photography Workshop for Adults at the Jewish Community Centre

The Adult Education Department of the Jewish Community Centre is offering a course in photography for the beginning darkroom worker. The class will meet every Sunday at 10:30 a.m. in the darkroom of the Centre, starting January 11.

Black and white darkroom skills will be taught - including film developing, printing and enlarging, cropping skills, toning, solarization, bleaching, spotting, and mounting photographs.

The course is open to adults 18 and over. The fee is $10 for Centre members and $15 for non-members, which covers the costs of chemicals and paper. Black and white undeveloped film will be supplied by each student. The course will run eight weeks, two hours per class.

To register call Howard Ross at the Centre, 232-7306.

JEWISH COMMUNITY CENTRE THEATRE GUILD TO ADUTITION "THE FANTASTICKS"

The Jewish Community Centre Theatre Guild, under the direction of George Wilson, director of the Theatre Arts Department of Sir Wilfred Laurier High School, will hold auditions for its upcoming production of the musical play, **The Fantasticks**, on Monday, January 5 and Tuesday, January 6 at 8:00 p.m. at the Centre.

The play, a light musical love story, consists of eight characters, five of whom sing. The characters are:

El Gaillo	**30-40**	**male baritone, tenor**
Matt	**16-20**	**male tenor**
Louisa	**15-19**	**female soprano**
Huckelby	**40-50**	**male vaudvillian vocal**
Bellomy	**40-50**	**male vaudvillian vocal**
Mute	**16-30**	**no speaking role, dancing movement**
Mortimer	**25-30**	**male, character actor, Indian**
Henry	**30-50**	**male, character actor, Old Man**

Auditions are open to any member of the Jewish community. Backstage workers are also necessary and anyone interested in sets, lights, makeup or costumes is welcome to come out. Also needed is an assistant to the director, as well as musical specialists.

Adult Program Appointment

Howard Ross of Wilkes Barre, Pa. has been named Director of Adult Activities, according to an announcement by Dr. Nathan Schecter, president and Hy Hochberg, executive director of the Jewish Community Centre.

In that post, Mr. Ross will have professional responsibility for the ongoing range of programs and services of a cultural, recreational and educational nature which the Centre offers for the enjoyment of the adult and senior adult members of the Jewish community. His scope of interest will also include the identification of unmet needs and the development of activities to meet those needs.

This is his second year at the Centre: his first assignment was as Director of Youth Activities. The program team of which Mr. Ross is a part includes specialists in the physical education, youth, educational and cultural arenas.

Mr. Ross would like to hear from individuals who would like to take part in the programs or who have ideas and suggestions for their improvement. He looks forward to his new role with keen interest and anticipation.

Howard Ross

THE Jewish Community Centre PHOTO DARKROOM

is now completed AND

OPEN to Centre Members

For Darkroom Times Phone: Howard Ross - 232-7306

WINTER HOLIDAY CHILDREN'S PROGRAM Ages 5 - 11 December 22 - December 25

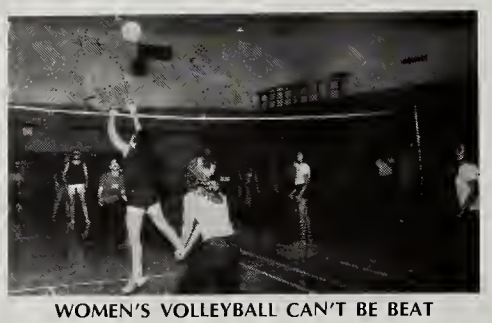
MONDAY - DEC 22 - CHILDREN'S FILM
Time: 1:30 - 3:30
Place: Assembly Hall
Price: 75¢

TUESDAY - DEC. 23 - MUSEUM DAY
"War Museum" & "Museum of Man"
Time: 10:00 - 3:30
Price: 50¢
(Bring your Lunch)

WEDNESDAY - DEC. 24 - TOBOGGAN PARTY
Outdoor fun and games, bring your toboggan and we'll bring the hot cocoa.
Time: 1:00 - 4:00
Price: Free

THURSDAY - DEC. 25 - FAMILY SLEIGH RIDE
Open to all ages.
Time: 1:00 - Bus leaves from Centre
Price: $1.50 Adult (over 18)
75¢ Child

(ADVANCE REGISTRATION A MUST FOR ALL PROGRAMS)
FOR FURTHER INFORMATION CALL MIKE WOLFE
J.C.C. DIRECTOR OF YOUTH ACTIVITIES AT 232-7306



WOMEN'S VOLLEYBALL CAN'T BE BEAT

Shown in action are some of the members of the Women's Recreational Volleyball Group. Coordinator Joy Feldman is very pleased with the response to this programme which will be continued during the winter session. For further information about Women's Volleyball and other J.C.C. Phys Ed Programmes call 232-7306.

New Staff Appointment

Howard Osterer has recently joined the Jewish Community Centre Health and Physical Education Department as youth worker. A student of Recreation at Algonquin College, Howard was an all star defensive tackle with the Ottawa Sooners last year and previously with Fisher Park High School. He has been actively involved in the Centre for the past six years.

Howard will be developing special sports oriented programmes for school age children, Tweens, Teens and Young Adults. He will be continuing the successful Club programmes on Monday afternoon, 4:30 - 6:00 p.m. at Agudath Israel Synagogue and Wednesday evenings, 7:00 - 8:30 p.m. at Congregation Marchzikei Hadas.

Howard Osterer

Howard will be available at the Centre from Sunday thru Thursday evenings from 7:00 - 10:00 p.m. and can be reached at 232-7306.

NOW IS THE TIME TO JOIN THE JEWISH COMMUNITY CENTRE

SCHEDULE OF ANNUAL MEMBERSHIP FEES

	General Membership	Health Club Membership (18 & over)
1. Family - husband, wife and children at school	$85.00	$175.00
2. Family - husband, wife and children at school with husband only using Health Club	$85.00	$145.00
3. Family - male parent and children at school	$70.00	$130.00
4. Family - female parent and children at school	$70.00	$100.00
5. Husband and wife	$70.00	$160.00
6. Male	$55.00	$115.00
7. Female	$40.00	$ 70.00
8. University students - male	$35.00	$ 95.00
9. University students - female	$35.00	$ 65.00
10. Elementary and high school students	$35.00	—

Health Club Membership is limited to those 18 and over. Children of Family Health Club members have access to all Centre facilities except the Health Club. University students desiring Health Club privileges must join on their own.

MEMBERSHIP APPLICATION FORM

Name ..... Date of Birth .....

Home Address ..... Telephone .....

Firm ..... Occupation .....

Business Address ..... Telephone .....

Wife ..... Date of Birth .....

Children

Name	Date of Birth	Age	Grade

General Fee ..... Health Club Fee ..... Paid ..... Balance .....

I, the undersigned, hereby make application for membership in the Jewish Community Centre of Ottawa for myself and my family and agree to abide by its Rules and Regulations. I/we understand that my/our membership will be automatically renewed on September 1 of each year unless I submit written notice of termination prior thereto.

Date ..... *Signature* .....

The Phys Ed Box

By Ron Boro
DIRECTOR OF HEALTH & PHYSICAL EDUCATION

EFFECTS OF EXERCISE ON THE HEART

Heart Rate. As training progresses, the heart rate for any given work load decreases. We may also say that, other things being equal, the physically fit or athletically trained individual has a lower heart rate for any given exercise work load. Furthermore, at the maximum heart rate which is similar for the trained and the untrained states, the trained individual will be able to produce a greater work load.

Stroke Volume. A preponderance of evidence indicates that the increased maximum cardiac output in athletes is due largely to an increase in stroke volume. This is not to say that the immediate adjustment to exercise, which was discussed earlier, is the result of an increased stroke volume; rather the stroke volume increase seems to be a long-term effect of training, and is also manifest in the slower resting rate of the endurance-trained athlete. This greater stroke volume is the result of the greater contractility and consequent greater systolic emptying of the ventricle in the heart of the trained athlete.

Heart Size. The effect of exercise upon the heart in animals is well established. Many investigators have found increases in the weight of the heart in different species as the result of heavy, endurance exercise. There is a temptation to extrapolate these data to man: but there is very little direct evidence, or agreement, on the effects of exercise upon heart size in man.

Some investigators have found increases in heart size that they attribute to (a) physiological hypertrophy of the musculature, (b) greater diastolic size due to the greater filling of the slower heart rate, or (c) greater end systolic size at rest and a smaller size as exercise commences. Still other investigators have found that the heart size of athletes is within the normal range.

The important fact to be noted is that a change in heart size would be a normal physiological reaction, in all respects similar to the physiological hypertrophy of skeletal muscle as a result of training. It is certainly not to be confused with the pathological increase of heart size that occurs as a compensatory mechanism for heart disease and that imposes greater loads upon the myocardium twenty-four hours a day for many years. There is no evidence that strenuous exercise can injure a normal heart.

ARE YOU IN THIS PICTURE?

Shown above are members of the J.C.C. Noon Hour Fitness Class working out under the direction of Ron Boro J.C.C. Health and Phys Ed Director. If you aren't in this picture you should be, you owe it to yourself and your health. To get involved phone Ron at 232-7306 or come down for the class.

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Joseph Peimer, Editor
Editorial Committee:
Joel Diena, Hy Hochberg, Stan Levine,
Avni Neuman, Eugene Rothman

COMMUNITY CALENDAR
MONDAY, DECEMBER 15 - SUNDAY, DECEMBER 28, 1975

MONDAY, DECEMBER 15

Book Fair - Last Day, Main Auditorium, J.C.C.
J.C.C. Golden Agers 1:30 p.m., Assembly Hall, J.C.C.
J.C.C. Youth Band 5:00 p.m., Main Auditorium, J.C.C.
Beginners Hebrew Class 6:45 p.m., Library, J.C.C.*
Ami Chai Dancers 7:30 p.m., Assembly Hall, J.C.C.*
J.C.C. Youth Orchestra 8:15 p.m., Lecture Room A, J.C.C.*

TUESDAY, DECEMBER 16

Golden Age Club Drop-in Lounge 1:00-4:00 p.m., Adult Lounge, J.C.C.**
Intermediate Hebrew Class 6:45 p.m., Library, J.C.C.*
Machzikei Hadas Sisterhood 8:15 p.m., 2310 Virginia Drive.

WEDNESDAY, DECEMBER 17

Bessie Sloan Yiddish Club 8:00 p.m., Library, J.C.C.*

SUNDAY, DECEMBER 21

Winter Concert by the J.C.C. Orchestra and Choral Society 8:00 p.m., Main Auditorium, J.C.C., Free Admission to all.

MONDAY, DECEMBER 22

J.C.C. Choral Society 8:00 p.m., Main Auditorium, J.C.C.

TUESDAY, DECEMBER 23

B'nai B'rith Lodge No. 1041

* Meets every consecutive week
** Meets every Tuesday, Wednesday and Thursday

JEWISH COMMUNITY CENTRE

Winter Concert

IN HONOUR OF
THE HILLEL LODGE
AND J.C.C GOLDEN AGERS

SUNDAY • DEC. 21ST
8.00 PM

Featuring

THE J.C.C. SYMPHONY ORCHESTRA

Main Auditorium 151 Chapel St.

FREE ADMISSION TO ALL!!

JEWISH BOOK FAIR & EXHIBIT

December 13, 14 and 15

Wide Selection of Books on numerous Jewish themes

biographies, history
religion, biblical
commentaries,
philosophy, Zionism
and the Middle East

novels, poetry
drama, liturgy,
theology, folklore
children's books
and records

FILM & SLIDE PRESENTATIONS

- "The Life that Disappeared"
- "L'Chaim: to Life"
- Israeli films

LITERARY EXHIBITS

- The Leningrad Manuscripts
- The A.M. Klein Papers

LECTURES

ART EXHIBIT and SALE

Israeli Art Exhibit, The Pucker-Safrai Gallery, Boston & Jerusalem

Opening night vernissage - December 13 - 7:30 p.m.

SATURDAY, DEC. 13 - 7:30 p.m. until 11:00 p.m.
SUNDAY, DEC. 14 - 10:00 a.m. until 11:00 p.m.
MONDAY, DEC. 15 - 10:00 a.m. until 6:00 p.m.

at the
JEWISH COMMUNITY CENTRE
151 Chapel Street